

After-Care Instruction: Deep Cleaning (Scaling & Root Planning)

Now that you have completed your deep cleaning, here are some things to keep in mind:

Eating After the Procedure:

First, be sure that the local anesthetic has completely worn off before chewing. This will typically take about 60-90 minutes. This is to prevent you from biting or injuring your lip, cheeks or tongue. Refrain from drinking anything hot in temperature or smoking to prevent burning. Sometimes patients also find it difficult to swallow while they are still numb, so please be careful.

During the First 72 Hours:

Avoid eating any hard “chippy” foods (such as tortilla chips, potato chips, popcorn, or seeds). Avoid hot spicy foods and alcohol. Avoid any and all tobacco products. Tobacco will delay healing of the tissues. To help soothe the area, rinse your mouth 2-3 times a day with warm salt water rinses. Use one teaspoon of salt for every 3 ounces of water.

Possible Sensitivity:

Immediate post-visit cold sensitivity is also possible. This is usually from a normal reaction of the nerve following the procedure. Give it a couple of days and try a sensitivity protection toothpaste (i.e. Sensodyne or Crest for Sensitivity) until it subsides.

If sensitivity persists beyond a week or seems to worsen, please call our office. Discontinue the use of any whitening toothpaste or other whitening products until the sensitivity subsides.

Additional Care:

Aside from daily brushing and flossing, there is a little maintenance that is required throughout the following year after a deep cleaning. It is recommended that you come visit our office every 3 months for a periodontal maintenance procedure. In some cases, this needs to be pre-authorized by the insurance first. Please give our office a call to arrange this.

If you have any questions, please give our office a call and we'd be happy to further assist you.



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